

HOW DO WE AVOID FALLING OFF THE WAGON DURING SUCH A BUSY TIME FULL OF FOOD, FRIENDS, AND FAMILY OBLIGATIONS? CONSISTENCY! KICK OFF THE HOLIDAY SEASON THE HEALTHY WAY BY COMPLETING AT LEAST 10 MINUTES OF EXERCISE EVERY DAY! THAT'S ALL - 10 MINUTES!

## #FIT2FEAST CHALLENGE

November 2021

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Choose whatever form of exercise you like - take a walk, chase the dog, do some resistance reps, yoga, do a 10-minute "In and Out" TBP workout on their site, but move your body for 10 minutes! Log it on your calendar and tag us with the hashtag above so we can see how you're doing! Come one, let's do this!